

HELPING HANDS



Transitions

Excerpts from: "Transitions and Changes: Practical Strategies" by S. Quick, R. J. Fetsch and M. Rupured* Colorado State University Extension.

Life is a series of frequent changes. Some changes are welcomed; others range from inconvenient to catastrophic. There is a difference between changes and transitions. Change is situational; transition is psychological. It's not the events outside us that make the transition; it's the inner-reorientation and meaning-redefinition we make to incorporate those changes. Transitions are times of crossing or traveling from something old and familiar to something new and unfamiliar. Most transitions are small and pass by almost unnoticed. Some, however, involve major disruptions in routines and force us to re-examine our values and lifestyle.

Transitions range from changes that affect everyone (social/technological advances and natural disasters) to more personal transitions that affect one's career and relationships. They may be voluntary, like moving to a larger home, or involuntary, like an accident, a disability or an illness. They may be predictable or unpredictable. Transitions and their disruption challenge us to grow and sometimes even force us to concentrate on today and the present moment.

By examining the past, you can recall transition-making strengths you developed and uncover any unfinished business that may now prevent you from being your best. To handle present and future transitions, use the insights gained from past and newly acquired skills.



Successful Transitions: Practical Strategies

From the research on how resilient people successfully manage transitions you can arrive at some practical conclusions.

Develop supportive relationships at work and home. The value of good friends is hard to over-emphasize. Research suggests that people with friends to rely on during stressful times experience fewer of the negative effects of high stress levels. They also remain healthier, are more successful and live longer.

Examine your work environment. Think about what you like. Bring the ideas and habits that worked well for you in the past to a new job. Avoid ruts you fell into. Change what you can of the things you don't like about your job and environment and practice accepting what you cannot change (Fetsch, 1992).

Take time to take good care of yourself. Eat a balanced diet. Exercise. Get plenty of rest. Take time to relax with friends and family. A high rate of change often means extra stress and strain on your body. Pay attention-What does your body/mind/soul need now?

Build self-esteem. You are a unique individual, with special talents and interests. Make a list of what you like most about yourself and what you appreciate about each family member. Encouraging others to feel good about themselves is a wonderful way to feel good about ourselves. Give each family member a sincere compliment every day.

Be open and flexible. Most people are eager to settle into comfortable routines. Know that your present routine is only temporary. Something may happen at any time that can force you to change your routine. You may not be able to predict change, but knowing that change can happen at any time helps you accept and adjust when it does occur. Most life transitions are slow processes that take time.

Keep your "sunny side" up. Concentrate on the good things in life. Don't dwell on negative thoughts. A positive attitude helps you feel good about yourself and the life you live, and goes a long way towards improving your health.

Take control of your life. What can you do now to help you through a difficult transition in your future? Practice finding the good in each of life's transitions. It's not what happens to you that causes you to respond the way you do, but how you choose to react to what happens. Take charge of your thoughts and actions and you will be able to control better how you respond.

Tips for Successful Internet Search's

(excerpts from www.utm.edu: effective tips for internet searching)

*Read the Help or Tips Menu. Know your Search Tool. The Help or Tips Menu will provide valuable information about how to perform an effective search.

*Start Simple and Take Advantage of the Search Tool. When you begin a search, use the simple mode to enter search terms.

*Use Both the Advanced and the Simple Modes of Search Tools. A common misconception is that Advanced Search is for "advanced searchers." However, the information that you are looking for often dictates how you will search. Learning to work with the Advanced Search modes does not take much more time or energy to learn to use, and it allows you to work with more search options and retrieve sites that are more relevant.

*Use Unique Terms When Possible to Retrieve More Specific Results. Search tools use language to retrieve results. The words you choose will determine the information you find. Since some terms have one or more meanings, less than perfect results are common when searching the internet. Use words that are specific and describe what you are looking for in unique ways.

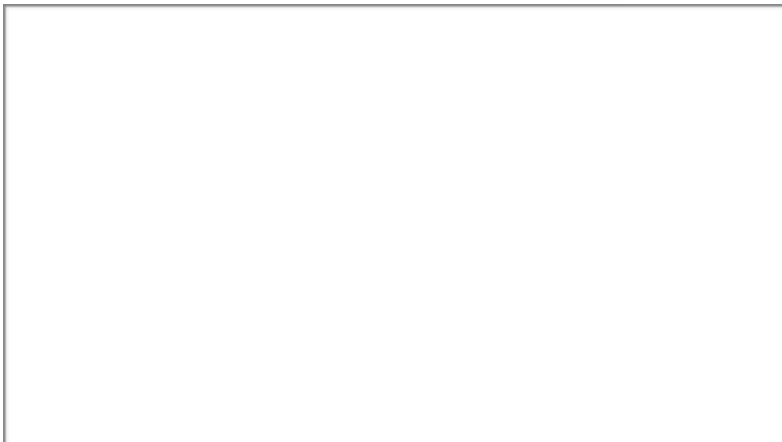
*Use Quotations or Other Symbols to Specify a Phrase. Search tools do not know whether a search is for "lesson" or "plans." The default is typically lesson or plans in simple searching. Use quotations for a phrase such as "lesson plans."

*Use the MetaSearch Tools and Natural Language Tools to Begin and/or Refine a Search. MetaSearch tools, such as *Internet Sleuth*, *ProFusion*, or *MetaCrawler*, search multiple tools simultaneously and are good tools to begin your research. Metasearchers are an excellent way to explore a topic and gather keywords and other information. Refine the search by using the available features specific to each individual search tool. Making a search into a question can help you to refine the information you get.



IAM Peer Employee Assistance

The heart and soul of the District 141 Employee Assistance Program are the local lodge EAP peer coordinators. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to gather information about your situation and refer you to an appropriate resource for a more detailed evaluation. EAP coordinators will follow up to ensure you have been able to access services that address the difficulty you are experiencing.



Calendar 2013 - 2014

April 6-11, 2014

EAP-II

William W. Winpisinger
Education Center

June 1-6, 2014

EAP-III

William W. Winpisinger
Education Center

July 13-18, 2014

Labors Assistance Professional
Conference

Las Vegas, Nevada

November 9-14, 2014

EAP-I

William W. Winpisinger
Education Center